

**2016 Joseph G. Rogers Award
For Long and Exceptional Leadership and Accomplishments in YMCA
Competitive Swimming Benefiting all Swimmers, Coaches, Parents and Volunteers**

Meredith Griffin



Meredith's volunteer service to the Y began in 1999 when she was appointed by Glenda Pae to serve as the South Field Coordinator for Competitive Aquatics. In that role, she created both the Upper Southeast Regional YMCA (USRY) Championship Meet and the USRY Coaches Clinic to strengthen the Y swimming community across a four state region. Upon moving to Delaware, she served the East Field as the District Coordinator from 2006 until 2013. During this time, she facilitated a Pennsylvania YMCA Swimming Task Force to evaluate and restructure YMCA Swimming guidelines and best practices in that state. She also developed regional coaching clinics in the Delaware and Pennsylvania region.

In 2010, Meredith was named the National Coordinator of Group Representatives to oversee the 11 volunteer Group Representatives across the country. She led a reorganization of their services and added two additional group representatives. In partnership with USA Swimming, Meredith organized the first Group Representative Summit, held in Colorado Springs in 2010 where she began to strengthen the relationship between YMCA and USA Swimming. Her work with Peter Clark, USA Swimming Eastern Zone

Sport Development Consultant and Pat Hogan, Director of Club Development has helped YMCA Swimming expand resources and collaborations. She also helped facilitate the relationship between TeamUnify and the YMCA of the USA as a benefit to YMCA Competitive Swimming programs.

Meredith also served on the National YMCA Swimming and Diving Committee as Secretary for three years and continued in an adjunct role for another four years. She has represented YMCA Swimming at five United States Aquatics Sports (USAS) Conventions and was a presenter in 2012. Meredith is also a three time presenter at YMCA Expo around topics related to YMCA Competitive Swimming. She created the Black Book, now known as the Swimming Addendum to the Rules That Govern, as a resource tool to support YMCA Swimming and Diving Programs and continues to update it annually. She was instrumental in reviewing and updating both the Rules that Govern YMCA Competitive Sports and the Y-USA Program Guidelines for Competitive Swimming programs. She currently serves on the National Eligibility Committee and continues to be a resource for editing and reviewing all documents related to the YMCA Swimming and Diving program. Meredith also coordinates athlete volunteers at our two annual National Championships.

In 1999, Meredith became a Trainer and later Faculty for Principles of YMCA Competitive Swimming & Diving, Swim Coach and Advanced Swim Coach. She has certified over 1000 YMCA Swim Coaches through more than 110 classes, including three at the American Swimming Coaches Association World Clinic. Meredith initiated the transition of the Principles course to the e-learning format and served as the subject matter expert during the process with Y-USA. The new format made the course more accessible to coaches around the country. Her intentional work to include asset development and cause-driven content led to these critical additions to the course design.

In 2000, Meredith was selected by her peers as the first female swim coach to serve on the National YMCA Coaches Association Executive Committee. She served for twelve years in this role where she wrote the committee bylaws. Meredith served as a coach for the YMCA High Altitude Camp and continues to coordinate the YMCA Swimming Leadership Development Camp. She has served as an advocate for coaches and for a strong relationship between competitive swimming programs and local YMCAs. Since 1995, Meredith has been an active YMCA Swim Coach with the YMCA of the Triangle Area, YMCA of Western North Carolina, the Brandywine, Delaware YMCA and the Powel Crosley, Jr. YMCA.

In 2015 Meredith was named the first ever National Swimming and Diving Sports Coordinator for the YMCA OF THE USA. In this role, Meredith uses her broad expertise in competitive swimming to support the YMCA in delivering on its cause through competitive swimming.